



Wellbeing  
in your office



# Self-Care

## IDEAS FOR A BAD DAY

BREATHE DEEPLY

EXERCISE

TRY AFFIRMATION

GO FOR A  
LONG WALK

WRITE IN A JOURNAL

REFRESH  
MORNING ROUTINE

WALK  
IN NATURE

COOK YOUR  
FAVORITE MEAL

WRITE 5 THINGS  
YOU LOVE

WATCH YOUR  
FAVORITE MOVIES

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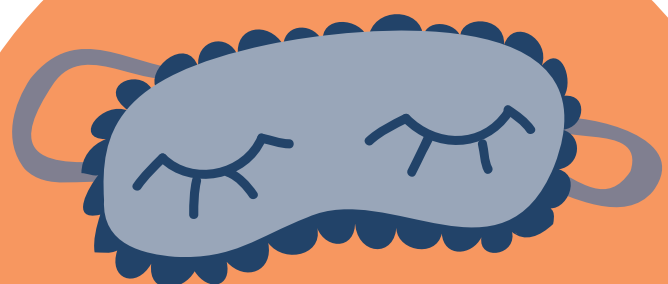


SCAN ME 



# DAILY Wellbeing Tips

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GET A GOOD  
SLEEP



5 MINUTE  
MEDITATION



GO FOR A  
WALK



SAY THANK  
YOU



EAT  
MINDFULLY



DRINK  
ENOUGH  
WATER

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# Ways to reduce **BURNOUT**



**Exercise**

**Have a  
balanced  
diet**

**Take control**

**Drink a cup  
of warm tea**

**Listen to  
calming  
music**



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# HOW TO BE MORE GRATEFUL



journal  
your gratitude

make visual  
reminders

engage  
your senses

watch your  
language

express  
yourself

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# Small HAPPINESS



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# GOOD VIBES ONLY

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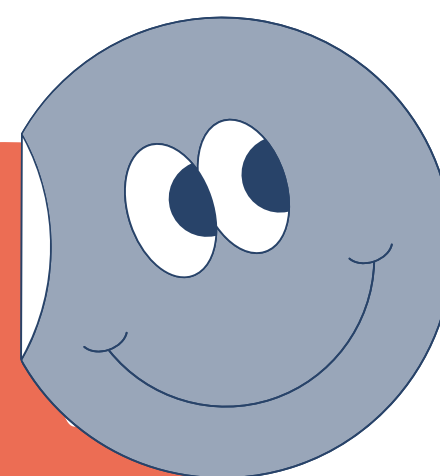


# A Gentle Reminder

“

BE

KIND



TO

BE

KIND



”

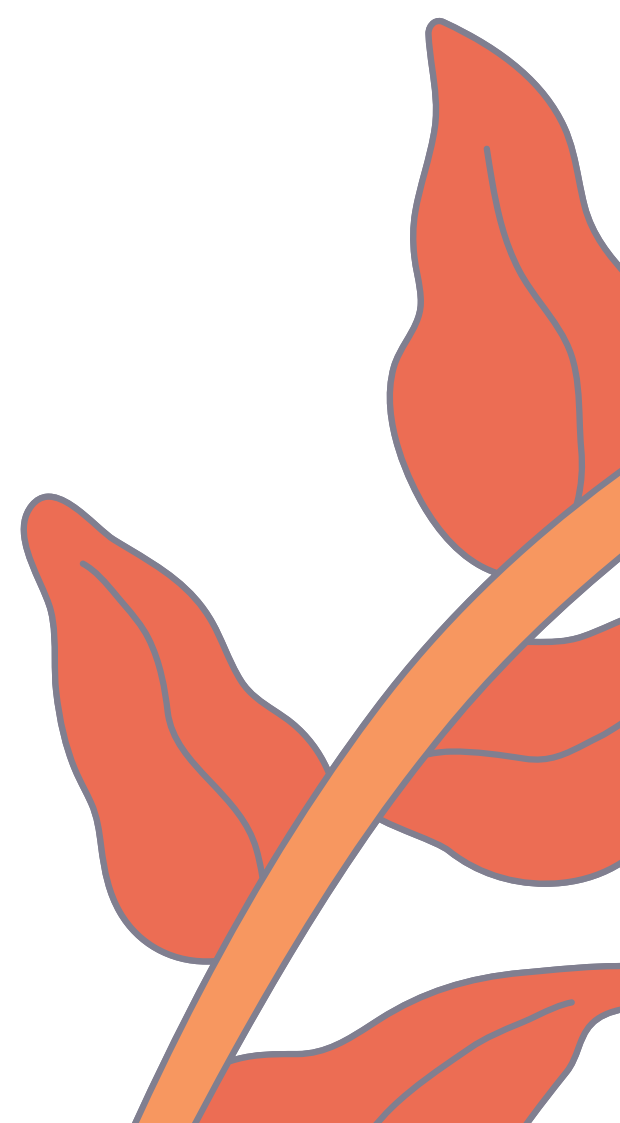
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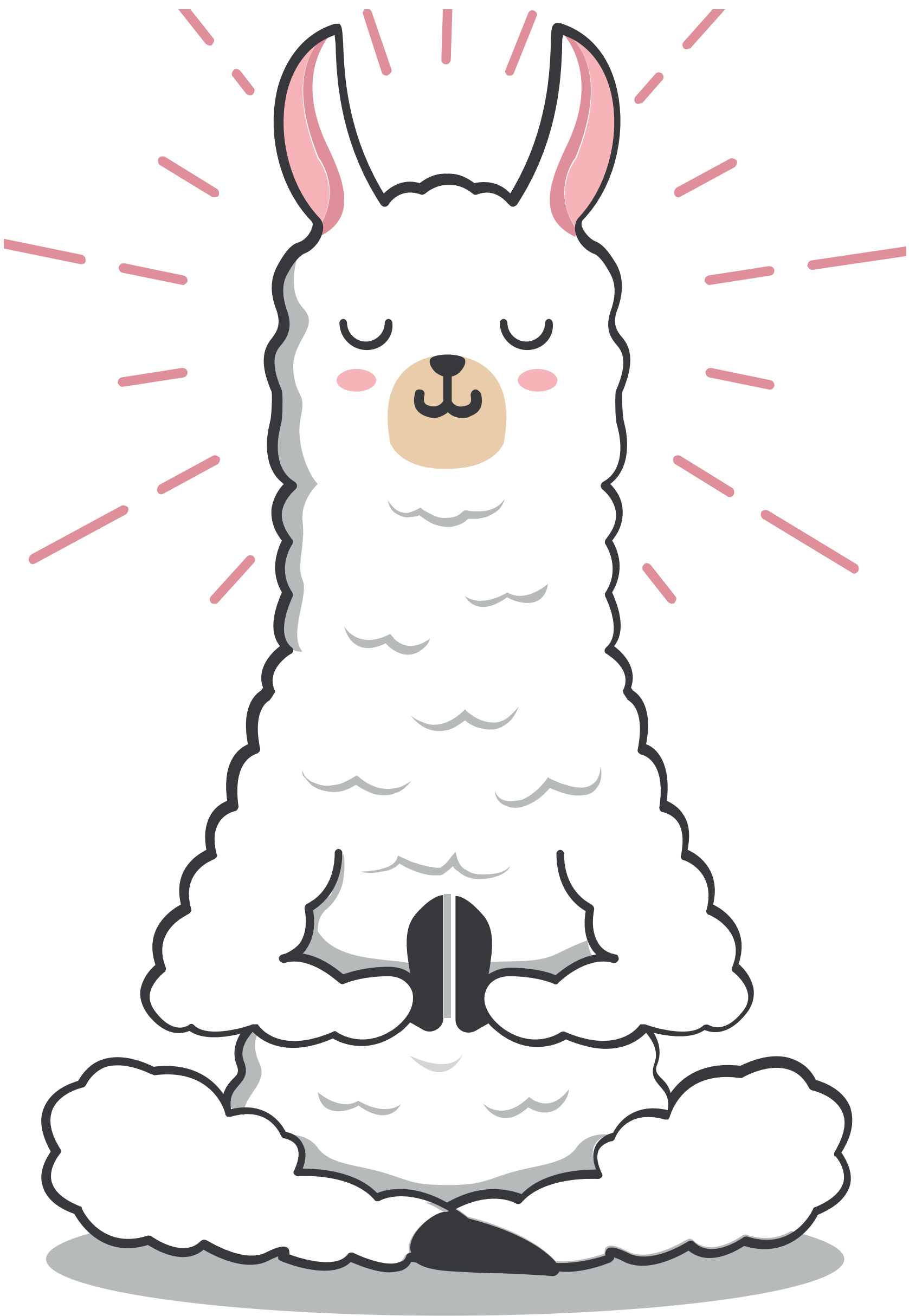
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Take a deep  
breath in

